



A community project of The Rotary Club of Hall 

**MEDIA RELEASE**

**Wednesday 13th September 2023**

## **A taste of New Orleans hits Capital Region Farmers Market for first ever *Foodie Fun Day***

The [Capital Region Farmers Market](#) is bringing back their much-loved monthly cooking demonstrations and food sampling in time for spring, this time with a completely new style and format. The new '*Foodie Fun Days*' will launch this month with a special New Orleans edition – with a local twist.

“Our cooking demonstrations were always such a crowd pleaser at Market and another way that our visitors could connect with the makers and producers while discovering new ways to cook with our farm-fresh produce,” said Capital Region Farmers Market Manager, Sarah Power.

“We haven’t held live cooking demonstrations since before Covid, so we’re so excited to have something foodie and fun to offer all who visit the Market – as such we’ve named our new monthly cooking demonstrations our *Foodie Fun Days*.

“Each month we will feature a different stallholder who will create something truly delicious with their own produce and other market finds, showing our customers how they can create it for themselves at home, and giving them a taste with food samples on offer,” Sarah continued.

The first ever monthly Foodie Fun Day will be held Saturday 23<sup>rd</sup> September and will feature Banjo from [Banjo’s Oysters](#) cooking up traditional New Orleans Po Boys. Po Boys made their prominence in the early 1900s on the streets of New Orleans as jazz was evolving in the area before it took off throughout the US.

A French baguette was hollowed out and stuffed with oysters, bacon and Cajun spices. The Po Boys became popular with musicians and party goers as they could carry and eat a Po Boy with one hand, leaving the other hand free for their musical instruments or drinks as they travelled the streets.

“Our very own Banjo will bring his South Coast oysters and show Market visitors how to make these delicious Po Boys – think Oysters Kilpatrick in a crusty roll with Cajun spices! Plus, we’ll have Banjo playing his banjo and live jazz music to really ramp up the fun in the spring sunshine” Sarah continued.

The Po Boys cooking demonstrations and sampling will take place at both 9am and 10.30am on Saturday 23<sup>rd</sup> September. Jazz will be played throughout the entire morning with *The Utter Gutter Serenaders* – a four-piece local jazz band – playing at the front of Market at the Banjo’s Oyster trailer.

Foodie Fun Days will take place each month at Market. Keep an eye on the website and social media for updates. The Capital Region Farmers Market is open Saturdays 7:00am – 11.30am and is held at Exhibition Park in Canberra (EPIC). For more information visit [www.capitalregionfarmersmarket.com.au](http://www.capitalregionfarmersmarket.com.au)

***MEDIA CONTACT: For more information, images or interviews please contact Lauren Griffiths, Threesides Marketing, on 0417 409 264 or [lauren.griffiths@threesides.com.au](mailto:lauren.griffiths@threesides.com.au)***